

Quick & Easy

THE COSTCO WAY

Natural Delights® Chinese Chicken Salad

Makes 6 servings

Medjool Date Dressing Ingredients:

- 2 Natural Delights® Medjool dates, pitted
- 3 Tbsp low-sodium soy sauce or coconut aminos
- 3 Tbsp rice wine vinegar
- 2 Tbsp extra virgin olive oil
- 1 Tbsp toasted sesame oil
- 1 garlic clove, peeled
- ½-inch ginger
- ½ tsp ground black pepper
- ¼ tsp salt

Instructions:

In a blender, add dates, soy sauce, vinegar, olive oil, sesame oil, garlic, ginger, pepper and salt. Let dates soak and soften while you prepare the salad. Once the dates have softened, blend all ingredients until smooth and creamy.

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For more recipe ideas, go to Costco.com and search: **Quick & Easy**



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Continued.

Natural Delights® Chinese Chicken Salad

Chicken Salad Ingredients:

2 cups chicken breasts, cooked and shredded

4 cups romaine lettuce, shredded

1 cup red cabbage, shredded

1 cup carrots, shredded

½ cup almonds, sliced

2 Natural Delights® Medjool dates, pitted and chopped

2 green onions, chopped

Medjool Date Dressing

Sesame seeds (optional)

Instructions:

In a large mixing bowl, combine chicken, lettuce, cabbage, carrots, almonds, dates and green onions. Pour the Medjool Date Dressing over the salad. Toss to coat. Sprinkle with sesame seeds, if desired.

See more Natural Delights recipes at <https://www.naturaldelights.com/recipes>.

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